

HEELCURVE HOCKEY

BANDED PALLOF PRESS HOLD (ANTI-ROTATION) EXERCISE MECHANICS

WHAT IT IS

An anti-rotation core exercise that helps build core stability and resist rotational forces. It improves postural control, reduces injury risk, and enhances balance and performance.

1 SET UP

Anchor a resistance band at chest height. Stand side-on to the anchor with feet hip-width apart. Engage your core and glutes.



2 PRESS OUT

Press the band straight out in front of your chest with both hands. Keep your arms extended and core tight.



3 HOLD

Hold the position with arms out straight. Resist the band pulling you sideways. Keep your core tight and body still.



4 BREATHE

Maintain a steady breath throughout the hold. Keep your shoulders down and away from your ears.



5 REPEAT

Hold for the desired time, then return to the start and repeat for the desired number of reps or time. Switch sides.



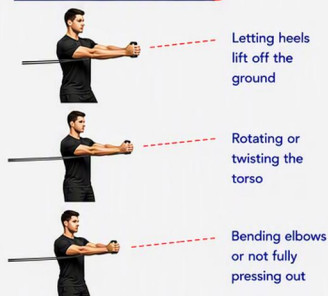
KEY POINTS

- Keep your feet rooted on the ground.
- Press the band straight out from your chest.
- Resist rotation and keep your body still.
- Engage your core and glutes.
- Use a slow, controlled hold.
- Focus on quality reps, not quantity.

CORRECT FORM ✓



COMMON MISTAKES ✗



MUSCLES WORKED



- Rectus Abdominis
- Obliques
- Transverse Abdominis
- Glutes
- Shoulders (Deltoids)
- Chest (Pectorals)
- Hip Stabilizers

TRAINING TIPS

- Use as a core stability or activation exercise in your warm-up.
- Start with 2-3 sets of 20-45 seconds per side.
- Increase duration or add variations (e.g., split stance, half-kneeling).
- Include in lower body or hockey-specific training.